

FAULKNER-GARLAND-GRANT-LONOKE-PERRY-PULASKI-SALINE

September is National Infant Mortality Awareness Month

In 2009, 315 babies in Arkansas died before their first birthday. African American babies accounted for 33 percent of the total deaths, even though they accounted for only 20 percent of the total births.

September is National Infant Mortality Awareness Month, a campaign that reminds us there is work to do to reduce the death rate of our babies.

One thing we can do is work together to make sure that all pregnant women have the opportunity to access early and continuous prenatal care. Communities can also ensure that people are educated about the dangers of smoking and secondhand smoke.

In addition, communities can promote health education:

- Folic acid campaign
- “Back to Sleep” campaign
- Smoke free environments

For more information go to: <http://www.cdc.gov/nchs/products/hestats.htm>
Or <http://www.cdc.gov/prams/>



North Little Rock is Fit 2 Live!

North Little Rock is health conscious and to prove it they have recently initiated Fit 2 Live, an employee wellness program that emphasizes good nutrition and physical fitness. The program is free and offers discounts to city employees on health and fitness.



Bernadette Gunn is the Fit 2 Live Coordinator in North Little Rock. She is partnering with Dee Dee Wallace, Health Educator with Hometown Health Improvement. They have talked about offering HHI programs, such as the bathroom stall information sheets called “Install News”, in city offices.

For more information, you can visit www.nlrpr.org/employeeewellness or contact Bernadette Gunn, Fit 2 Live Coordinator at : 501-975-8777 or bgunn@northlittlerock.ar.gov

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Love Your School at Western Hills



Teachers returning to school this year at Western Hills Elementary School, and Midtown Health Alliance members, heard about the Love Your School program. Love Your School is an Impact Service Initiative to encourage children to eat more vegetables and increase their weekly physical activity.



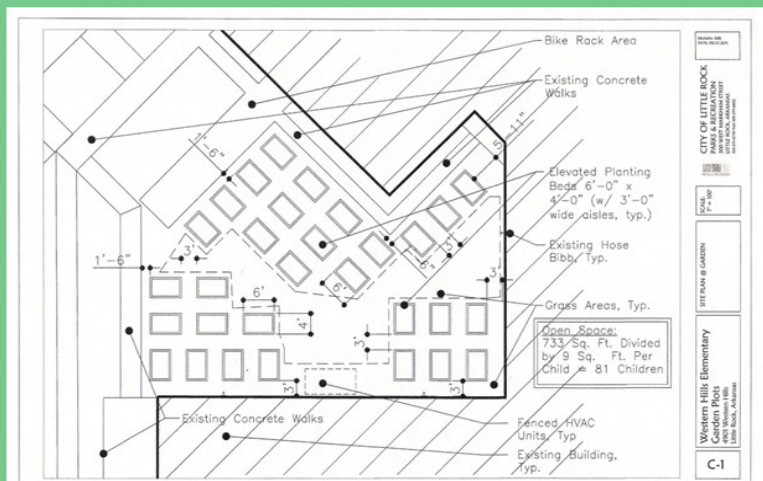
Students will receive age appropriate nutrition instruction via the SNAP-ED curriculum. The Pulaski County Cooperative Extension Service will provide the weekly presentations. In addition, they will have the option to receive a 5'x5' raised bed garden at their home complete with all garden materials.



The physical activity component will be 1 hour a day, 4 days per week, of intense physical exercise in the form of a supervised and escorted walking program. The program, underwritten by "WALK IT OUT!" will provide student incentives as well as off-campus walks led by local celebrities.

Lastly, parents will be invited to attend cooking classes which will be conducted by local chefs and the Pulaski County Cooperative Extension Service staff.

Love Your School is sponsored by City of Little Rock. It will run one complete school year with the option to extend for a second year.



Western Hills Elementary School has agreed to offer community garden space to local residents. This is a drawing of the 30 elevated planting beds.

Southwest Little Rock Coalition Celebrates

Southwest Little Rock Hometown Health Coalition had their annual celebration that included a potluck luncheon and a chance to vote on their new officers. During the luncheon attendees viewed and enjoyed a slide show of activities from the past year.

Members in good standing voted on slate of officers presented by the nominating committee. The newly elected officers are: Kamesha Lindsey as President, Peter Noonan as Vice President, Joan Brush as Secretary, and James Duffy, Parliamentarian.

Guest speaker, Janice Ray, spoke to members about Act 811 that went in to effect on July 27, 2011. This law protects children age 14 and under from secondhand smoke while riding in cars. Violating the law is now a primary offense, meaning drivers may be pulled over and ticketed if seen smoking in a vehicle with a child.



Jacksonville Encourages Good Nutrition



Pictured here are Jacksonville Health Unit Administrator, Patricia Henderson, and Health Educator, Dee Dee Wallace. They want everyone to know the latest nutrition information can be found at:

<http://www.choosemyplate.gov/>

Jacksonville Health Unit wants their patients to learn about the new *Choose My Plate* nutrition information. Gone is the old food pyramid. We now have *My Plate* which clearly shows that half of our food should be fruits and vegetables, while the other side should be protein and grains.

When you visit the *My Plate* site, you will see it is user friendly and has an easy to follow index. One of my favorites is the interactive tools that offer a *Daily Food Plan*, *MyFoodapedia*, *Food Tracker*, *Food Planner*, and more! Visit *MyPlate.gov* today.



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A MAN HAS A ONE IN SIX CHANCE OF DEVELOPING PROSTATE CANCER
DURING HIS LIFETIME.



Some men have an even greater risk, and that is why we recommend that every man be screened to establish a baseline Prostate Specific Antigen (PSA) score at the age of 40.

**FREE PROSTATE CANCER
SCREENING & EDUCATION**

SEPTEMBER 27, 2011
5:00 PM to 7:00 PM

Saline Memorial Hospital Outpatient
Department
1 Medical Park Drive
Benton, AR

OPEN TO THE PUBLIC
REGISTRATION PREFERRED

TO REGISTER, CALL:
(501) 776-6020 and leave your name
and phone number

Sponsored by Saline Memorial Hospital &
APCF

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HOSPITAL**
Award Winning, Convenient, Personal

Is a prostate cancer screening right for you?
Before you can decide, you need to know the
facts. Don't miss your opportunity to speak with
health professionals and learn more about
prostate cancer.

Free prostate cancer screenings will be provided
by the Arkansas Prostate Cancer Foundation
(APCF). Get the knowledge you need for your
health and the health of your family! Visit us at
the screening!

For more information, call 1-800-338-1383 or
visit www.arprostatecancer.org.

**Stay in the game.
Know your score.**